

**H.O.P.E.
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Abby Streett

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H.O.P.E.**Lifeline Production Volunteers**

Jo Huber

Kay Joy

Cindy Moran

Lynn Snook

Marty Streett

Maria Ellis

Jeannette Keech

Sandy Sharnetzka

Roxanne McKinney

Debbie Thim

Carrie Dunning

Linda Fodel

Donna Schemm

H.O.P.E.'s Office Hours are

Monday through Friday,

9am–3:30pm

Please call the H.O.P.E. office
(717-244-2174) in advance to
set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry
- Dropping off donations, etc.

Support Group

Wednesday,

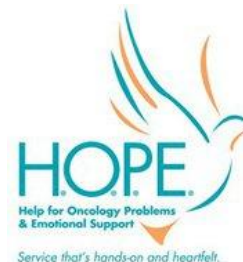
October 14th @ 7:00pm

TOPIC - Anything

Here at the H.O.P.E. Office

13275 Blymire Hollow Road
Stewartstown PA 17363

H.O.P.E. LIFELINE



H.O.P.E. (Help for Oncology Problems & Emotional Support) is an all volunteer cancer support network that provides free assistance to cancer patients and their families facing the challenges of cancer. H.O.P.E. is a 501 (C)(3) non-profit funded through donations. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. The official registration and financial information of Help for Oncology Problems and Emotional Support may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement. H.O.P.E. does not receive funding and is not affiliated with the American Cancer Society. Funding comes from donations made by private individuals and the civic/business community.

Happening THIS Month..**Monday, October 5th, H.O.P.E. at****Victory Athletic Association (VAA) 471 S. Ogontz St. York PA 17403****"Victory over Cancer" Event 5:30-8:30pm****Wednesday, October 14th Support Group @ HOPE office****Wednesday, October 21st—BOSCOV's Shopping Day!**

Support H.O.P.E.! Purchase your shopping pass at H.O.P.E. office/event.

\$5.00 per pass, and 100% of each pass sold goes straight to H.O.P.E.

Thursday, October 22nd—H.O.P.E. VolunTOUR! Interested in volunteering here at H.O.P.E.? Want to learn more about ways you can help? Join us at one of our two sessions offered this day! Refer to page 5 for more information!

Happening NEXT Month..**Basket BINGO!!!!**

Tickets on
sale NOW!

Sunday, November 1st**New Freedom Community Building**

150 E. Main St., New Freedom PA 17349

Doors open at 12:30pm

Games begin at 2:00pm

Refreshments for sale by Tasteful Occasions. Tickets available NOW—at H.O.P.E. office/H.O.P.E. event. Interested in sponsoring a basket, donating a prize, just reach out to us! We are so appreciative of the communities support!

And NOW Available.... January 2027 Calendar Raffle Tickets!

Yes, the perfect stocking stuffer, our popular raffle is here!! Tickets are \$20 each!

Each day, wonderful prizes available for any location you may come to us from!

Grab your "lucky" ticket at the H.O.P.E. office/event or order online at

<https://hopelifeline.org/calendarraffle/>



*"When we do
the best we can
we never know
what miracle is
wrought in our
life, or in the
life of another."*

~ Helen Keller

If you would prefer to receive our newsletter by email (plus help us save postage), please send an email to our Assistant Director Abby Streett, assistant@hopeforcancerfamilies.org. She'll put you on our email list (plus it will have color!) Thanks!

AS THE SEASONS CHANGE, OUR HEARTS ARE FULL OF GRATITUDE

As autumn begins to paint the world around us, we find ourselves reflecting on the many blessings carried with us through these past months. Here at H.O.P.E., we are reminded again and again that **it truly takes a community to make a difference**. Every person who crosses our path leaves a touch of H.O.P.E., and we are deeply grateful for each and every one of you. Thank you to those who continue to donate to our **H.O.P.E. Food Pantry**, helping make sure our cancer patients and families have one less worry. Thank you to everyone who has taken a moment to **tour our beautiful H.O.P.E. Haven**, learning more about this special place and the opportunity it provides for families to **Take a Vacation From Cancer**. To our H.O.P.E. families and patients who have stayed at the Haven, shared your stories, laughter, memories, and precious moments with us, thank you for allowing us to be part of your journey. And thank you to everyone who joined us for our **H.O.P.E. Benefit Concert at Stewartstown Presbyterian Church**. What a beautiful afternoon it was, filled with powerful music from **Troy D. Winemiller and New Song Community Choir**, fellowship, generosity, and the spirit of H.O.P.E. As we look toward the months ahead, we carry all of these moments with us. **Every donation. Every visit. Every volunteer. Every family. Every helping hand. Every person who chooses to care.**

Together, you are the reason H.O.P.E. continues to reach so many lives.

H.O.P.E. 4th Annual Wood Hound Day was a HUGE success! From kicking things off Thursday with equipment arriving, individuals showing up hyped and ready, to gathering together in the evening, relaxing, sharing great conversation, and preparing for the big day, it was the perfect start to an incredible weekend! A very special H.O.P.E. **THANK YOU** to everyone who helped make this event possible! To our incredible volunteers **Craig, Ed, and Mike**, who worked day after day on the hill preparing, organizing, and getting everything ready, **you are truly appreciated!** To **Jack and all of the Wood Hounds** who came together from near and far, traveling, spreading the word, bringing equipment, and putting in the WORK, thank you! Men and women working side-by-side, all for a greater purpose. And to **everyone who donated** food, drinks, snacks, and supplies to keep our crew well-fed, hydrated, and fueled up, we are incredibly grateful. Your generosity kept everyone going! The power, teamwork, energy, and excitement were contagious, and the work was truly heartfelt. Whether you brought equipment, volunteered your time, helped with meals and hydration, moved wood, or simply showed up to lend a hand... **YOU** were part of making this happen. Watching this event grow throughout the years has been simply incredible. What started as an idea has grown into something so much bigger, a community coming together, working hard, and making a difference for families who need a little extra H.O.P.E. **From all of us at H.O.P.E., we are grateful, thankful, and simply blessed!**

YOU are our angels!!!





When You Know Your Body: Mindy's Breast Cancer Survivor Story

October is Breast Cancer Awareness Month, a time to remember the importance of screenings, early detection, self-advocacy, and, most importantly, knowing your own body. For our beautiful Mindy, her breast cancer journey began in 2014 with something that might have easily been overlooked: a ripple on the side of her breast.

"I was diagnosed in 2014," Mindy shares. "My mammogram showed nothing." She wants to be very clear: **mammograms are important and can save lives.** But her experience taught her that they are not the only tool we have when it comes to detecting breast cancer.

Mindy noticed a ripple on her breast and showed it to her gynecologist. Her doctor immediately recognized that something wasn't right and sent her for a mammogram. Additional pictures and an ultrasound followed, and Mindy was then referred to Dr. Mudge, a breast surgeon.

"She took one look at me and said, 'Let's do a biopsy.' Seven out of seven were positive." That small ripple led to a diagnosis of **Stage 3 lobular breast cancer**, with lymph nodes involved.

Mindy's treatment journey was anything but easy. She endured **four rounds of chemotherapy, a double mastectomy with reconstructive surgery, saline implants, and 37 radiation treatments.** And she faced it all while being a **single, self-employed mother raising two girls**, caring for a chronically ill daughter, and trying to keep life moving forward.

During that time, Mindy found herself leaning heavily on her family, especially her oldest daughter. There were appointments to get to, treatments to navigate, and countless moments when she simply needed help. Her oldest daughter stepped up in ways that no child should ever have to, even missing school at times to take her mom to appointments and help care for her.

"As a single mom, I had always been the one taking care of everyone else. During cancer, I had to learn to let others take care of me. I depended on my oldest daughter so much. She missed school to take me to appointments and helped me through so many things. I will forever be grateful for the way she was there for me." Looking back, Mindy knows she could not have walked that road alone. "I would never have made it without the help of family and friends and places like H.O.P.E."

Her journey is a powerful reminder that cancer affects more than the person receiving the diagnosis. It affects families, careers, finances, emotions, and everyday life. Having people and organizations willing to step in, listen, encourage, and help carry the load can make an immeasurable difference.

Today, Mindy wants other women to take something important from her experience: **LOOK AT YOUR BREASTS.** Don't only rely on a screening appointment to tell you everything is okay. "Bend over and let them hang. Lift your arms. **LOOK AT THEM.**" Notice changes. Know what is normal for you. Pay attention to changes in shape, skin, texture, nipples, or anything that simply doesn't look or feel right. And if something concerns you, **speak up.**

Mindy's biggest takeaway from her journey is simple: **"Please advocate for yourself. No one knows your body like you do."** Her story is not meant to create fear, it is meant to create awareness and confidence. Mammograms remain an incredibly important part of breast health and cancer screening, but Mindy's experience reminds us that we should also listen to our bodies and speak up when something doesn't seem right.

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Mindy's story continued.... This October, as we wear pink and stand together for those affected by breast cancer, let Mindy's story be a reminder to **look, listen, ask questions, and advocate for yourself.**

And for those walking through cancer today, remember what Mindy learned along the way: **you don't have to do it alone.** There is strength in family. There is strength in friendship. There is strength in community. And there is **H.O.P.E.** Thank you, Mindy, for sharing your heart, your experience, and your H.O.P.E. with all of us.

If you or someone you know is going through cancer, newly diagnosed, or simply overwhelmed by the diagnosis and everything it brings, **please reach out to us here at H.O.P.E.** No matter the cancer, H.O.P.E. is here to help. You don't have to walk this journey alone. Whether you need a listening ear, practical support, resources, or simply someone to remind you that there is still H.O.P.E., **we are here.** Let us walk alongside you, just as so many have walked alongside Mindy and her family.

Because sometimes, the greatest gift we can give someone facing cancer is the reminder that they don't have to face it alone.

"A difficult conversation can become a moment of connection, and a simple story can become a source of comfort. Sometimes, the smallest words can bring the biggest reassurance."

ATTENTION SAUBEL'S SHOPPERS

Reminder, H.O.P.E. collects Saubel's stamps! Please save them and send them into H.O.P.E.'s office! Thank you!

READING FOR REASSURANCE

Helping Children Understand When Cancer Affects Their Family

A cancer diagnosis doesn't affect only the person receiving treatment.

It affects the entire family.

Talking with children about cancer can be difficult. Parents and caregivers may not always know what to say or how much information to share.

That's where **Reading for Reassurance**, a free resource from **Living Beyond Cancer**, may help.

Reading for Reassurance provides carefully selected children's books that help families talk about:

- Cancer and treatment
- Feelings and emotions
- Changes happening within the family

Questions children may have about a loved one's cancer. Books are available for children **ages 1–17** and can be requested by a parent, caregiver,

or healthcare provider on behalf of a family.

Why Books Can Help

The right book can give a child words for feelings they may not know how to express.

Reading together can:

Help children feel less scared and more in control. Open the door to honest conversations in a way that is appropriate for their age.

Give children a better understanding of what is happening in their family. Most importantly, reading together can remind a child that it is okay to have questions, feelings, and fears.

How to Request a Free Book

It's simple:

- 1. Visit: lbcc.org/books**
- 2. Choose books** based on your child's age group or topic.
- 3. Your books will be mailed** to your U.S. address at no cost.

This resource is available to families throughout the United States.

Many Hands. One Mission. Endless H.O.P.E. Introducing the H.O.P.E. VolunTOUR!

Here at H.O.P.E., we truly could not do what we do without the incredible hearts and helping hands of our volunteers. From stocking our Food Pantry and preparing meals, to helping at fundraisers, caring for the H.O.P.E. Haven, assisting in the office, and sharing our mission throughout the community, **every helping hand makes a difference.**

Over the past year, we've heard from many individuals who are interested in volunteering with H.O.P.E. We don't want those eager hearts to get lost! As we look toward the future, we're excited to create a special opportunity to connect with new and prospective volunteers while also celebrating the volunteers who already make H.O.P.E. possible.

LET US KNOW IF YOU'RE ATTENDING OUR H.O.P.E. VOLUNTOUR! Thursday, October 22nd, 2026

Daytime Session: 1:00–3:00 PM OR Evening Session: 6:30–8:30 PM @ H.O.P.E. Haven

The H.O.P.E. VolunTOUR will invite prospective and newer volunteers to tour the Haven, learn more about our mission and the families we serve, meet some of our amazing volunteers, and discover the many ways they can become involved. Guests will have the opportunity to rotate through different stations and hear firsthand about volunteer opportunities such as:

- **Food Pantry:** organizing, collecting donations, and providing frozen meals
- **H.O.P.E. Haven Projects:** gardening, maintenance, wood projects, and seasonal clean-up
- **Events & Fundraisers:** helping with Golf, BINGO, Give Local York, and other H.O.P.E. events
- **Office Assistance:** helping with projects and administrative tasks during the week
- **H.O.P.E. Ambassador:** sharing our mission, distributing information, helping with errands, sponsorships, donations, and more

And to our **current H.O.P.E. volunteers**,
this event needs YOU, too!

Who better to share the heart of volunteering at H.O.P.E. than the people who already give their time, talents, and compassion?

We hope you'll consider helping us welcome and guide those who are ready to discover their own place within the H.O.P.E. family. **Light refreshments will be provided, and prospective volunteers are asked to RSVP by Thursday, October 15th.**

If you are interested in attending, volunteering, or simply learning more about how you can help, please contact the H.O.P.E. office 717-244-2174 or info@hopeforcancerfamilies.org.

We are excited to open our doors, share our mission, and bring even more helping hands together.

Because at H.O.P.E.,

many hands truly can make a lasting difference.

Many Hands. One Mission. Endless H.O.P.E.

H.O.P.E.
Help for Oncology Problems and Emotional Support
Ignite Hope. Renew Dignity. Foster Healing.

VolunTOUR

EXPLORE. CONNECT. Make a Difference.

TOUR THE BEAUTIFUL H.O.P.E. HAVEN

Discover the many ways you can help bring HOPE to cancer families in our community.

THURSDAY, OCTOBER 22ND, 2026

1:00 PM – 3:00 PM | **6:30 PM – 8:30 PM**

Rotate through different stations and learn firsthand about volunteer opportunities that make a lasting impact:

FOOD PANTRY Organize shelves, collect donations, provide frozen meals and more	REFRESHMENTS Provide light refreshments for support groups and events	H.O.P.E. HAVEN PROJECTS Indoor/outdoor maintenance, gardening, wood projects, clean-up and more	EVENTS & FUNDRAISERS Help at Golf, BINGO, Give Local York and other H.O.P.E. events	OFFICE ASSISTANCE Help during the week with projects and administrative tasks	H.O.P.E. AMBASSADOR Share our mission, run errands, obtain donations, pass out flyers and more
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MEET OUR AMAZING VOLUNTEERS who make H.O.P.E. possible every day!

Light refreshments provided!

RSVP BY THURSDAY, OCTOBER 15TH

ANY QUESTIONS OR NEED MORE INFORMATION?
Contact the H.O.P.E. Office
717-244-2174 | info@hopeforcancerfamilies.org

CONNECT WITH H.O.P.E.

Physical Address: 13275 Blymire Hollow Rd., Stewartstown, PA 17363

Mailing Address: P.O. Box 279, Stewartstown, PA 17363

Phone: 717-244-2174

Fax: 717-244-2354

Website: <https://hopelifeline.org>

Make an online donation: <https://hopelifeline.org/donate-online/>

Email: info@hopeforcancerfamilies.org

"Like" & Follow Us on Facebook: H.O.P.E.

(Help for Oncology Problems & Emotional Support)

Follow us on LinkedIn:



Follow us on Instagram:



"Of all the forces that make for a better world, none is so powerful as hope. With hope, one can think, one can work, one can dream. If you have hope, you have everything."

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Permit No. 61
Shrewsbury, PA 17361

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 244-2174
RETURN SERVICE REQUESTED